

Cran-Apple and Fruit Breakfast Smoothie

Makes: 2 Servings

Use juice to make a smoothie. Mix unsweetened cranberry apple juice with yogurt, fruit, and ice for an easy smoothie.

Ingredients

- 1 **cup** cranberry apple juice
- 1 **cup** plain or vanilla low-fat yogurt
- 1 **cup** canned mixed fruit (drained)

Directions

1. Combine all ingredients in blender.
2. Blend until combined and smooth.

Notes

Tips: Try frozen mixed berries, canned pears, or canned peaches instead of canned mixed fruit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	217	
Total Fat	2 g	
Protein	7 g	
Carbohydrates	44 g	
Dietary Fiber	1.5 g	
Saturated Fat	1.3 g	
Sodium	95 mg	